

Living History Part 2

Understanding Now Better

Why is it important to understand our experiences? The impact, consequences, success, struggles are all important.

When we experience something NOW we often refer back to something in our memories which is similar in the PAST. This helps us to understand what is happening and what might happen next (the FUTURE).

It gives us familiarity.

The more we understand an experience, and it's impact or consequences, the richer our Autobiographical Memory will be.

This gives us foundations and is why those with richer autobiographical memories have stronger self identities.

The aim is to help our experiences 'now' to transfer into Autobiographical memories

We are signposting you to some resources which might add to children and adults' understanding of their covid 19 experience. If you know of any others which are free to access please post them on the Hear Together Facebook page



• HEAR TOGETHER •

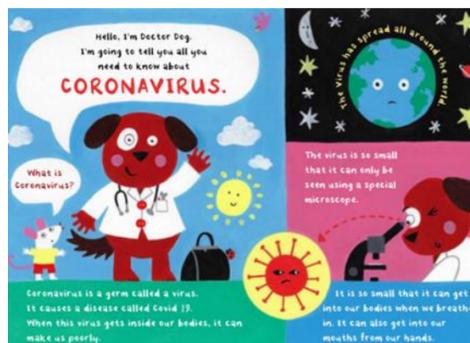
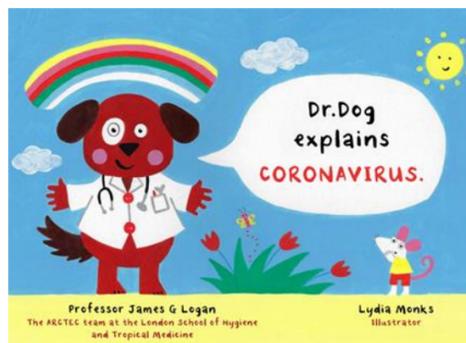
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Understanding Now Better

We can do this by understanding what is happening now.

Having more information, learning more vocabulary, realising it's impact and how we, and others, feel about it all help us to deepen our language and thinking.

For EARLY YEARS



Download this E-book for free

- <https://www.lydiamonks.com/wp-content/uploads/2020/04/DrDogDoc.pdf>
- Web site <https://www.lydiamonks.com/dr-dog/>

Speaking Space

- What does a 'lockdown' mean?
- Lockdown means that we must stay at home.
- We can go out to buy food.
- We can go out to buy medicine.
- We can go out once a day to walk or exercise.
- But we cannot go out for any other reason.
- We cannot meet our friends.
- Most businesses are closed.

A Simple sentence with a graphic

<http://www.speakingspace.co.uk/wp-content/uploads/2020/03/Easy-read-coronavirus.pdf>

www.speakingspace.co.uk/wp-content/uploads/2020/03/Coronavirus-lockdown-story.pdf

NOTE lockdown is longer than 3 weeks. You will need to change the text.

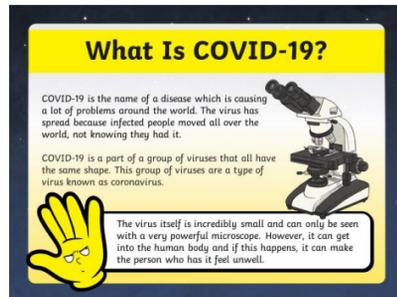


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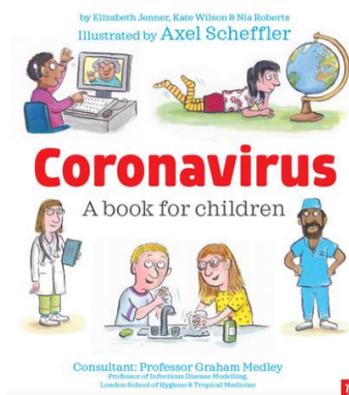
Key Stage 1 & 2



Key Stage 1: Covid 19 Explanation PowerPoint

<https://www.twinkl.co.uk/resource/what-is-covid-19-t-p-828>

Key Stage 2 & 3



A free downloadable digital book with drawings from Axel Scheffler the Gruffalo man!

It has a lot of information and is clearly written and explained.

SO WHY ARE PEOPLE WORRIED ABOUT CATCHING THE CORONAVIRUS?

Nearly everyone has a body that is healthy enough to fight the coronavirus. But there are some people who find it harder, because their bodies aren't as strong. They might be people who are more than 70 years old, or already have other illnesses like cancer that might make their bodies weaker.

They need more help to fight the coronavirus. This means they have to go to hospital and they might need to use a special machine called a **ventilator** to help them breathe.



However, sometimes even this might not be enough to help them get better and, if that happens, then sadly they might die.



That's why these people really need to stay at home, away from anywhere they might catch the coronavirus.



They won't be able to have visitors. That might mean you won't be able to go and visit some of your family for a while, to help keep them safe.



Page turning version

<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler>

PDF version:

https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf



An excellent children's simple explanation in BSL with subtitles

<https://www.youtube.com/watch?v=AY98PHKwRY4&feature=youtu.be>



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www.hear-together.org.uk

Living History Part 2 Understanding Now Better

Primary years



BSL: A fun adapted story from Julia Donaldson's storybooks reflecting COVID19, no subtitles but words in book

<https://www.youtube.com/watch?v=lx9ib-ACP-Y>

Key Stages 3 & 4 and Adults

Look after yourself

Stress management

- If you are feeling stressed, try to keep your distance from other people you can't see. It's better to have a physical distance from others. Go for walks, run, jog or cycle in a park or on a path. You can also go to a park or a field to enjoy the fresh air and greenery.
- If the situation means a change in your routine, that could be making a new routine a day and night. Try to keep a regular routine.

Eat well

- If your food shopping is a bit different, use the opportunity to buy a few new ingredients you might not usually buy. Try to do the best of what you can cook with.

stay connected

- If you have access to a mobile phone or internet, try to stay in touch. If you have a smartphone, schedule time to connect with your friends.
- Check in with your family, friends, and neighbours regularly. Different people may have different needs, so they may be more vulnerable (e.g. those with no access to the internet or who cannot walk). Use the internet to help you connect with your friends and family.
- If you are in a lockdown situation, use the time to improve your writing skills.

Exercise

- Work out at home. Working out can reduce stress levels and improve your mood. You can find many free workout videos on YouTube.

Definitions

There are lots of new and technical terms being used, here are a few of them:

- Coronavirus** - A large group of different viruses. Each virus is different, but they all cause illness in your body. Some are very serious, but most are not. The virus that causes COVID-19 is a new coronavirus.
- Quarantine** - A place where people who have been in contact with someone who has the virus are kept. This is to make sure they don't spread the virus to other people.
- Social isolation** - A situation where you are not allowed to see other people. This is to help stop the virus from spreading.

Key websites

- About Coronavirus** - Information from Public Health England about coronavirus.
- Information from the NHS about coronavirus** - Stay at home guidance.
- Universal credit** - Coronavirus and what it means for employment. A guide to Universal Credit. Universal Credit guidance. Application advice from Citizens Advice.
- Support** - Free, confidential and anonymous online support. Text line for crisis support. Message boards to ask questions.
- The NHS** - NHS.uk
- Health** - Diet and mental health advice. Managing stress and anxiety during the coronavirus outbreak. How to manage and reduce stress. Getting mental health support. How to look after your mental health using exercise.

UK YOUTH **NYA**

Teenagers

<https://www.ukyouth.org/wp-content/uploads/2020/03/Covid-19-Young-people-final-2.pdf>

The screenshot shows the NHS Inform website. The search bar contains 'Search NHS Inform/Services'. The page title is 'Translations' and the breadcrumb trail is 'Translations / Languages / British Sign Language (BSL) / Illnesses and conditions / Coronavirus (COVID-19)'. The main heading is 'Coronavirus (COVID-19)'. Below the heading, there is a video player showing a woman signing. The video title is 'BSL: Washing and Cleaning COVID-19'. The video description says: 'British Sign Language video explaining steps you can take to help avoid infection from coronavirus (COVID-19), wellbeing and self-isolation advice.' There are social media sharing options for Facebook, Twitter, and Print.

Adult BSL explanations with subtitles (NHS Scotland)

A series of 9 videos

<https://www.nhsinform.scot/translations/languages/british-sign-language-bsl/illnesses-and-conditions/coronavirus-covid-19>



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www.hearttogether.org.uk